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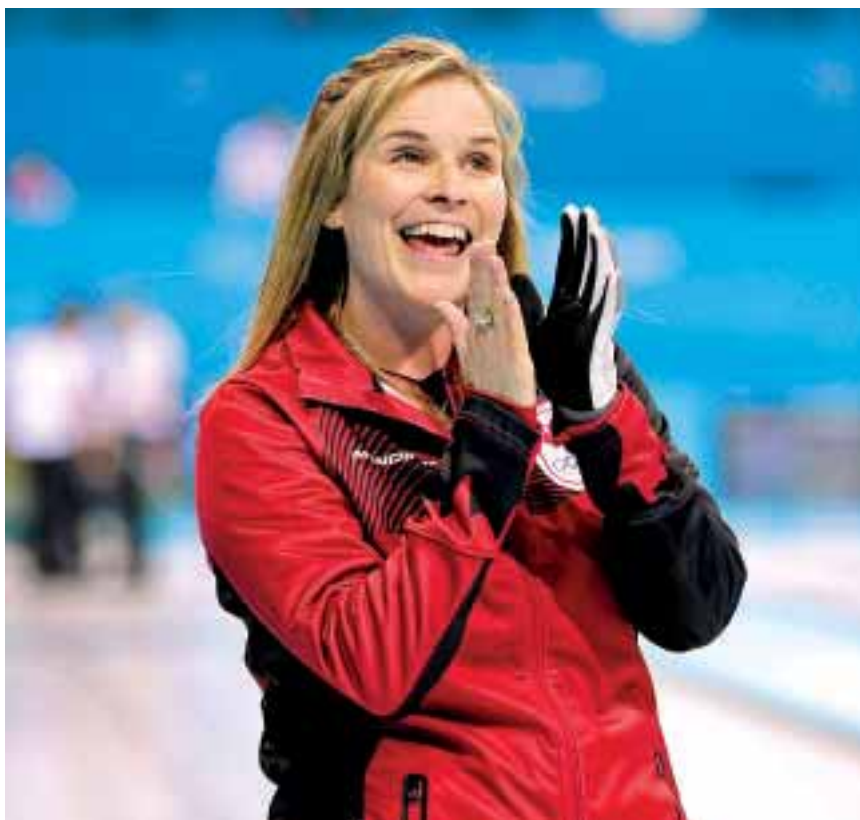
SOCHI WATCH

- 7:45 a.m. Four Canadians will go for the first ever Olympic gold medal in men's ski halfpipe, led by medal favourite Mike Riddle, who's the 2012-13 overall World Cup champion.
- 9:15 a.m. Kaillie Humphries and Heather Moyse — the first Canadian women's team to win bobsled Olympic gold — will slide in their first two of four runs. **GREG DOWNS/FOR METRO**

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SWEEPING UP IN SOCHI

Winnipeg's Team Canada skip Jennifer Jones has made Olympic history after her curling team went undefeated at 9-0 in the round robin in Sochi, Russia, on Monday after beating Korea. The team is now two wins away from gold. See story, page 19. WONG MAYE-E/THE ASSOCIATED PRESS

# YouTube hockey brawl leads cops to investigate

**'Get your hands off our kids,'** Police get involved after video posted online claims referee slammed 12-year-old to the ice

**ELISHA DACEY**  
elisha.dacey@metronews.ca

Winnipeg police are investigating after a YouTube video was posted Sunday evening that accused a Winnipeg minor hockey referee of "smashing" a 12-year-old player into the ice, which was followed by a fight.

The one-minute video, described as being shot at Southdale arena on Sunday, starts by showing a fight on the ice broken up by the referees, and a woman yelling in the background for someone to "get your hands off our kids." Two players then begin to fight again, and a referee moves in to break up the fight. One player and the referee fall to the ice.

A man wearing black then jumps out of a team's box and tackles the referee, and the game's other referee and several other people have to pull them apart, while parents in the stands shout obscenities. It appears the second referee tries to eject the man in black from the game. The first official throws his helmet down, leaves the ice and the video ends.

The description provided by the uploader states the player who fell to the ice "went to the hospital with a broken wrist, back sprain and bruised shoulder."

Police said Monday morning they are investigating this incident after it led to another brawl off-ice involving players, coaches and referees. They could not confirm the extent of the boy's injuries or how he was hurt.

Todd Thornton, the community club's president, says the game wasn't under the auspices of Hockey Winnipeg or Hockey Manitoba, as it was part of an annual tournament called the Southeast Aboriginal Tournament.

Thornton also called the incident "unfortunate."

WITH FILES FROM THE CANADIAN PRESS

To see the video, go to [metronews.ca/winnipeg](http://metronews.ca/winnipeg).



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# Inferno consumes Wellington mansion

**Total loss.** The historic home may cost owner of local gravel company as much as \$5 million



ELISHA DACEY

elisha.dacey@metronews.ca

A massive fire on Wellington Crescent has left a mansion a burned-out shell.

Firefighters were called to the scene at 1021 Wellington Cres. at about 6:30 a.m. on Sunday morning. Flames consumed the building and thick smoke spewed into the air — residents reported seeing it as far away as south Winnipeg.

A neighbour told Metro

that he thought the home also housed a classic car collection.

No one was home at the time of the fire.

The historic home is a total loss. It belongs to Karl Dornetshuber, who owns a gravel company outside of Winnipeg. The family was on a trip to Edmonton on the weekend when the fire broke out but have since returned.

The home has been owned by several prominent Winnipeggers, including the Aspers.

Winnipeg police say the damage has yet to be properly estimated, although some reports peg it as high as \$5 million.

A cause has not been determined.



A neighbour tells Metro that gawkers spent most of Monday parked in front of the house nearby as if it was a tourist attraction. SHANNON VAN RAES/FOR METRO



The stubborn blaze burned for hours, prompting firefighters to sit down as they tackled flames shooting through the roof. SHANNON VAN RAES/FOR METRO



Firefighters confer as smoke and flames engulf the home on Sunday morning. SHANNON VAN RAES/FOR METRO



Smoke is illuminated by the rising sun as it pours into the sky on Sunday. SHANNON VAN RAES/FOR METRO



## Bryan Adams unplugged

Canadian superstar Bryan Adams brought his The Bare Bones tour to the sold-out Centennial Concert Hall on Monday, performing most of his greatest hits — and a few new ones — to a highly appreciative crowd.

DAVID LIPNOWSKI/FOR METRO



# Man. Mennonites step closer to returning home

**Reunited.** Six kids have been returned to their parents and another five are expected to return imminently

An orthodox Mennonite community in Manitoba that had almost all of its children seized eight months ago is close to getting them back now that child abuse charges against some of the sect's members have been stayed.

Most of the criminal charges were dropped last week, although the Crown is still pursuing charges against four individuals in the community.

Jay Rodgers, CEO of Manitoba's General Child and Family Services Authority, said that removes a huge hurdle that had prevented 36 children from going home.

"With the stay of proceedings ... I think you're going to see, hopefully, the return of kids over the next few months," Rodgers said.

More than 40 children

were seized from the community last June after RCMP arrested 13 people on various assault charges, including allegations the children were struck with cattle prods, whips and leather straps.

The identities of the children are protected under a publication ban. The Canadian Press is not naming any of the accused or the small community where they live.

Six children have been returned to their parents and another five are expected to return imminently, Rodgers said.

THE CANADIAN PRESS

## Committee urged to target Shindico over fire-hall land

The chair of the city's property committee believes, if necessary, outside legal help should be brought in to expropriate the Taylor Avenue land on which a fire hall sits.

On Friday, city officials announced they were recommending expropriation proceedings on the land at 1780 Taylor Ave. after being unable to agree on a land value with the property's owner, Shindico Realty.

A report to be discussed at Tuesday's property and development committee meeting states the city's independent appraiser assessed the value of the land at \$1,054,000, while Shindico put forward an assessment of just more than \$1.2 million. Another assessment of \$844,220 in damages for the loss of value on land adjacent to the property was also put forward by the company.

Chair Coun. Jeff Browatay (North Kildonan) said it's "un-



Barry Thorgrimson  
BERNICE PONTANILLA/METRO

fortunate" that a deal could not be reached after more than a year of negotiations.

"(The \$844,220) is unfair, and I expect the city to vigorously fight that in court and I've suggested to our people that if we feel we need to bring in additional support above and beyond what we

have in our internal legal services department, that should be considered."

Barry Thorgrimson, the city's director of planning, property and development, said the city would argue its case before the Land Value Appraisal Commission, should council support expropriation.

"I don't believe that they (Shindico) are injuriously affected," said Thorgrimson, adding that at any point in the expropriation process, a deal could still be made.

"The parcels (of land) has frontage on a street, it has significant lot area to develop, it can go through a process to re-zone and to subdivide, and all of those options are available."

Thorgrimson said going through this type of process takes time, meaning it could be another 12 to 24 months before the city could own that land.

BERNICE PONTANILLA/METRO

### Waiting in the ER

#### Manitobans face longest waits in hospital emergency rooms: Study

A national study shows Manitobans face some of the longest hospital emergency room waits in the country.

The Canadian Institute for Health Information says that between April 1, 2012 and March 31, 2013, Manitobans spent an average of 4.7 hours in the ER compared to a national average of 3.1 hours.

The study also says people admitted to hospitals in Manitoba after going to

an ER stayed even longer — 12 hours compared to nine nationally.

The Winnipeg Regional Health Authority says the time has increased because of people who wait in an ER for more than 24 hours for a bed to open up, or for special diagnostic tests.

The authority says it's working to divert patients who don't need treatment at an ER to QuickCare or walk-in clinics.

THE CANADIAN PRESS

### On the web

For more local news go to metronews.ca



### Suspect caught

#### Arrest made in 2011 sexual assault case

Winnipeg police have arrested a man in connection with a 2011 sexual assault.

Police said the incident took place the afternoon of Sept. 19 when a then 23-year-old woman was walking in the 300 block of Manitoba Avenue.

A man on a bike stopped her, started talking to her and, without warning, allegedly forced her between two garages where she was sexually assaulted.

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Weekly Transit News Update



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A Nepalese policeman and three soldiers carry the body of one of those killed in a plane crash in Arghakhanchi, Nepal, on Monday. TEK NARAYAN BHATTARAI/ THE ASSOCIATED PRESS

# No survivors found in Nepalese plane crash

**Arghakhanchi.** Rescuers reach mountain crash site on foot after plane crash kills 18 in snow, rain and fog

Rescuers on Monday found the wreckage of a plane that had slammed into a snow-covered mountain in Nepal and burst into flames, killing all 18 people on board, including a child, authorities said.

Moving slowly through thick snow, rescuers walked for 13 kilometres to the crash site.

Air traffic control had lost contact with the plane on Sunday afternoon in poor visibility due to snow, rain and fog.

"Our plane was technically airworthy and we believe it was the weather that caused the crash," said Ram Hari Sharma of Nepal Airlines. He said there will be a full investigation.

The state-run airline is

often criticized over allegations of corruption and flying old planes. Last year, the European Union banned all Nepalese airlines from flying to Europe because of poor safety records.

The plane had 15 passengers and three crew members.

The plane's charred wreckage was flung across a wide area, said police official Bam Bahadur Bhandari. Some victims were identified using documents found in the wreckage, he said.

The plane was flying from Kathmandu to Jumla, about 400 kilometres to the west, when it made an unscheduled fuel stop in the city of Pokhara, about a third of the way into the journey.

The de Havilland Canada-manufactured Twin Otter was 43 years old. In May, another plane of the same make and model operated by Nepal Airlines crashed while attempting to land at a mountain airstrip in northern Nepal, injuring all 21 people on board. **THE ASSOCIATED PRESS**

## Central African Republic

### Red Cross discovers 13 in mass grave

Red Cross officials in Central African Republic say they've retrieved 13 bodies from a mass grave found in the capital last week.

Antoine Mbo-Bogo, president of the local Red Cross, confirmed Monday that the bodies had been removed from a military base that was used by Muslim rebels during their 10-month rule.

Prosecutor Ghislain Gresenguet said an inves-

tigation was underway after African peacekeepers found the grave last Wednesday.

The Muslim rebels, known as Seleka, were blamed for scores of human rights abuses during their time in power. A Christian militia that arose in opposition to the Seleka fighters also has been blamed for atrocities.

The death toll from Central African Republic's crisis is unknown, though more than 1,000 died over several days in December alone. **THE ASSOCIATED PRESS**

## Violence against women

### Afghan president to amend legislation that would harm abuse victims

Afghan President Hamid Karzai on Monday ordered changes to a draft of new criminal legislation in response to an international outcry warning it would severely limit justice for victims of domestic abuse, his spokesman said.

Afghanistan's parliament had passed a new criminal procedure code that would

ban relatives from testifying against alleged abusers.

While the legislation awaited signature from Karzai, human rights organizations and several of Afghanistan's Western allies voiced strong concerns it would effectively curb prosecutions involving violence against women, where relatives are often the only witnesses.

Karzai's spokesman, said the president was "well aware" of the criticism and decided at a Cabinet meeting Monday that the legislation must be changed. **THE ASSOCIATED PRESS**



# Students trapped, killed after roof collapses in South Korea

**Investigation continues.**  
Recent heavy snowfall contributed to disaster at freshmen ceremony attended by over 500

The roof of a resort auditorium collapsed during a welcoming ceremony for South Korean university freshmen, killing nine and likely trapping about 10, officials said Monday.

The dead included seven students and an adult; officials weren't sure if the ninth victim was a student. About 80 people were sent to hospitals with minor injuries, according to officials at the state-run National Emergency Management Agency.

Recent heavy snow, sleet and icy roads hampered rescue operations after the roof's collapse. Emergency staff worked

to pry students from beneath twisted metal and rushed the injured on stretchers to waiting ambulances. Officials initially estimated that 17 people were seriously injured but later said the injuries weren't severe.

South Korean media reported that the heavy snowfall was believed to have resulted in the collapse, but the cause was still being investigated.

About 560 students from Busan University of Foreign Studies had been scheduled to attend a two-day freshman orientation at the Manua Ocean Resort in the southeastern city of Gyeongju and were in the auditorium when the roof collapsed, the officials said. An official had earlier incorrectly said there were a total of 1,000 students at the resort.

Many of the students managed to get out of the building by themselves, officials said.

THE ASSOCIATED PRESS



A woman trapped in the rubble of a collapsed resort building waits to be rescued in Gyeongju, South Korea, Monday. South Korean police and news reports say dozens of university students were feared trapped after a building's roof collapsed because of recent heavy snowfall. LEE SANG-HYUN/VONHAP/THE ASSOCIATED PRESS

## Co-pilot hijacks own flight, asks Swiss for asylum



Police stand on the stairs after passengers were evacuated from a hijacked Ethiopian Airlines plane at a Geneva, Switzerland, airport on Monday.

SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling. Only then did the passengers — bound for Italy from Addis Ababa — realize something was terribly wrong.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum. Authorities say a pris-

on cell is more likely.

One passenger said the hijacker threatened to crash the plane if the pilot didn't stop pounding on the locked door. Another said he was terrified "for hours" Monday as the plane careened across the sky.

The jetliner carrying 200 passengers and crew took off from the Ethiopian capital on a flight to Milan and then Rome, but sent a distress message over Sudan that it had been hijacked, an Ethiopian official

said. Once the plane was over Europe, two Italian fighter jets and later French jets were scrambled to accompany it.

The plane landed in Geneva at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody after surrendering to Swiss police.

"The pilot went to the toilet and (the co-pilot) locked himself in the cockpit," Geneva airport chief executive Robert Deillon told reporters.

He "wanted asylum in Switzerland."

The co-pilot was identified as Hailemedhin Abera, a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition. Geneva police said he claimed he felt threatened at home.

THE ASSOCIATED PRESS



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f t w in

# Toronto-area swingers' club owner longs for good ol' days

**Too sexy for this party?** Younger generation cramping style of middle-aged polyamorists

If his backdrop weren't a dimly lit stage with two gold stripper poles and a wall-sized image of a nearly naked woman, you might think Jack Cohen was lamenting society's loss of, say, sit-down family dinners.

The 70-year-old speaks in nostalgic, things-ain't-like-they-used-to-be tones while explaining his latest specialty night at Jay Jay's Inn, the dingy bar and hotel he's owned for more than 30 years in Etobi-

coke, Ont., a suburb in Toronto's west end.

"We need to go return to the basics," he says. "I want it to go back to the old days."

Swinging, that is. The practice of couples playing tradesies with their sexual partners has lost touch with its roots in conversation and seduction, Cohen says. He has recently started hosting "professional" get-togethers on Saturday nights.

Unlike swinging clubs that allow sex anywhere on-site, Cohen is restricting what those in the industry euphemistically call "play" to his partially renovated second-floor, above the dance floor and bar area. The separation encourages the return of flirtation to the lifestyle, he says.

"Couples meet each other, they sit here, they socialize, they dance, and if they want to play, it's upstairs," he says.

Cohen is tapping into a growing sentiment amongst older swingers, says Edward Fernandes, psychology professor and longtime academic of swinging culture. Fernandes said that in the last five years the scene has undergone a shift, brought on by the inclusion of younger members.

Thirty years ago, the average swinger was middle-aged, but today the possibility of having non-monogamous relationships is striking some at a much earlier age, Fernandes said. As a result, people in their early 20s are flocking to swingers' and sex clubs.

**TORSTAR NEWS SERVICE**



Jack Cohen, owner of Jay Jay's Inn, is seen at his Etobicoke, Ont., establishment, which recently started hosting Saturday-night swingers' parties. RICK MADONIK/TORSTAR NEWS SERVICE

## Nova Scotia underwater — on Twitter, that is

Nova Scotia is about to get wet. Very wet.

Jen Graham of Halifax's Ecology Action Centre and a team of volunteers are using Google Earth technology to put the province underwater.

"I don't think anyone else (in Canada) is doing it this systematically," said Graham, who has served as coastal co-

ordinator at the EAC for the past seven years.

Since late January, Graham has posted more than 20 photos online under the hashtag #DrownNS of what various sections of Nova Scotia's coastline would look like under between one and four metres of water.

According to Graham,

that estimate is a conservative one coming from the International Panel on Climate Change.

"Most other coastal jurisdictions have started to deal with climate change.

"Everyone else is doing it. ... Nova Scotia is falling behind."

The project was inspired

by Andrew Thaler, a marine biologist and science fiction writer who first developed the technique to better visualize rising sea levels in his city of San Francisco.

Thaler began tweeting photos of flooded international cities in late 2013 under the hashtag #DrownYourTown, which went viral.

Back in Nova Scotia, Graham said some of the results took her by surprise.

"If you're flooding, say, Yarmouth, the water floods up the East River, so it doesn't only do a little bend by the harbour. It goes up the river and floods that laterally," she said.

"That really surprised me,

seeing how far inland these impacts extended."

Ultimately, Graham said the project aims to raise awareness and conversation around climate change.

"I feel that both provincially and nationally both our governments are doing us a disservice," she said.

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# Ombudsman slams lax review of prison deaths from natural causes

**New report.** On average, about 35 federal inmates die each year of natural reasons — by far the most common cause

It often takes more than two years for Correctional Service Canada to complete a mandatory review when someone behind bars dies of natural causes, the national prison ombudsman says.

A report released Monday by correctional investigator Howard Sapers also raises questions about the quality and level of care provided to prisoners before they die in custody.

Sapers says he uncovered questionable diagnostic practices, incomplete records, lax information-sharing and de-



Howard Sapers, the federal prison ombudsman, says it often takes more than two years for the Correctional Service to complete a mandatory review when someone behind bars dies of natural causes. ADRIAN WYLD/THE CANADIAN PRESS

lays or lack of follow-up on treatment recommendations.

In addition, prison staff

did not investigate the circumstances of natural deaths beyond recording the cause as

either unexpected or sudden. Correctional Service's process for reviewing such

in-custody deaths failed to generate significant findings or recommendations, Sapers says. There is no way of determining whether a death was preventable or premature.

"More offenders are growing old in custody and succumbing to chronic disease in prison," the report says.

It calls on the prison service to do a comprehensive "lessons-learned exercise" to identify measures to reduce or prevent natural cause deaths.

The process for reviewing deaths in prison should also be subject to a "quality control audit" by an outside medical examiner, Sapers says.

In preparing the report, Sapers' office hired an independent doctor to study the medical care provided to a sample of 15 offenders before they died. All of the deaths involved men and all but one was anticipated by the prison service.

THE CANADIAN PRESS

## Recommendations

Howard Sapers recommends other changes:

- All sudden or unexpected fatalities should be subject to a full national board of investigation — the kind of inquiry that now happens when there's a suicide or homicide.
- The board should convene within 15 working days of the fatality.
- All reviews of prison deaths — no matter the cause — should be led by a doctor.
- Death review reports should be shared with family members in a timely way.

## Endangered fin whale

### Shipment passes through Canada

Greenpeace is calling on Canada to adopt stricter trade laws after meat of the endangered fin whale arrived in Halifax from Iceland about three weeks ago and was transported by rail across the country en route to Japan.

Environment Canada says it had to allow the shipment to proceed since Iceland and Japan did not agree to the listing of the fin whale under the Convention on International Trade in Endangered Species of Wild Fauna and Flora. THE CANADIAN PRESS

## Prostitution law

### Conservatives seek public input

The Conservative government wants to hear from Canadians about how to rewrite the country's prostitution laws after those laws were struck down by the Supreme Court late last year. A month-long online consultation period on the Justice Canada website begins today and runs to March 17.

THE CANADIAN PRESS

## Fed study. Education can combat low public faith in justice system: Report

An internal Justice Department report says Canadians have little confidence in the courts and the prison system — and the best way to counter those perceptions is through education.

Opposition critics argue that message is at odds with the Conservative justice agenda, which they say simply exploits public misunderstanding of justice issues by enacting tough-on-crime measures that can be harmful.

The federal report summarizes a decade's worth of opinion polls and research, some of it unpublished, that has consistently found high confidence in the police.

But research shows Canadians also see the courts as too slow to deliver justice, and judges as handing out sentences that are too lenient.

The research indicates the public believes victims are too often ignored in the justice system, and that prisons do a poor job of rehabilitating offenders. "The public generally believes that sentences are too lenient and that the corrections system is not doing a great job of rehabilitating

## Reporting crimes

The study says only about 15 per cent of Canadians decline to report crime because they lack faith in the justice system.

- It says the three primary reasons people report crimes are when they are serious in nature, involve substantial loss or physical injury, or when insurance payments require them to do so.

offenders," says the 13-page report.

Author Charlotte Fraser, a Justice Department employee, notes that Canadians' generally low levels of confidence in the justice system are similar to those of citizens in other western countries. Such views have remained stable over the last 10 years, even as crime rates have fallen.

The report links the poor opinion of Canadians to a "lack of understanding of the specific mandates of courts and corrections."

THE CANADIAN PRESS

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## Mental health. Hormone levels in teenage boys could predict depression

A saliva test for teenage boys with mild symptoms of depression could help identify those who will later develop major depression, a new study says.

Researchers at the University of Cambridge measured the stress hormone cortisol in teenage boys and found that ones with high levels coupled with mild depression symptoms were up to 14 times more likely to suffer clinical depression later in life than those with low or normal cortisol levels.

The researchers observed more than 1,800 teenagers aged 12 to 19 and although the test was tried on teenage boys and girls, it was found to be most effective with boys.

"This is the emergence of a new way of looking at mental illness," Joe Herbert of the University of Cambridge and one of the study authors said at a news conference on Monday. "You don't have to rely simply on what the patient tells you, but what you can measure inside the patient."

### Effects of cortisol

Girls with similarly elevated cortisol levels were only up to four times more likely to develop major depression.

- Dr. Carmine Pariante, a professor of biological psychiatry at the Institute of Psychiatry at King's College London said the gender-specific hormones — androgen for males and estrogen and progesterone for females — might react differently to cortisol and could explain the difference in risk for teenage boys and girls.

About one in six people suffer from clinical depression at some point in their lives, and most mental health disorders start before age 24. There is currently no biological test to spot depression.

THE ASSOCIATED PRESS

## Panty raid. Russian ban on lacy lingerie enrages female consumers

A trade ban on lacy lingerie has Russian consumers and their neighbours with their knickers in a twist.

The ban will outlaw any underwear containing less than six per cent cotton from being imported, made, or sold in Russia, Belarus and Kazakhstan. And it has struck a chord in societies where Victoria's Secret is a panty paradise compared to Soviet-era cotton underwear, which was often about as flattering and shapely as drapery.

Although the ban — first

outlined in 2010 by the Eurasian Economic Commission — won't go into effect until July 1, consumer outcry against it already is reaching a fever pitch.

On Sunday, 30 women protesters in Kazakhstan were arrested and thrown into police vans while wearing lace underwear on their heads and shouting "Freedom to panties!"

The Eurasian Economic Commission declined to comment Monday, saying it was preparing to issue a statement.

THE ASSOCIATED PRESS



Women hold up lace underwear during a protest against the upcoming ban on synthetic underwear in Almaty, Kazakhstan. VLADIMIR TRETYAKOV/THE ASSOCIATED PRESS

### Surveillance

## Ethiopian refugee accuses gov't of cyberattack

An Ethiopian refugee is urging British authorities to open an investigation after experts found traces of sophisticated surveillance software on his computer. Tadesse Kersmo accused the Ethiopian government of deploying the software to spy on his Skype calls with other members of the country's opposition, excerpts of which later ended up on the Internet.

THE ASSOCIATED PRESS

### Chile

## Captured puma back on the loose

Chile's Agriculture and Livestock Service said Monday a puma captured inside a home in January has escaped a shelter and is roaming in the Cajón del Maipo, an area often used by tourists for picnics and camping.

THE ASSOCIATED PRESS

### British Columbia

## Compassion club owner faces drug trafficking charge

Kamloops compassion club owner Carl Anderson and his business partner Wesley Jenkins are each facing a charge of drug trafficking after RCMP busted their club in 2011. Anderson plans to launch a constitutional challenge to the federal law banning such non-profit clubs from selling unsanctioned medicinal marijuana, saying the current regime violates patients' charter rights.

THE CANADIAN PRESS

### Vienna

## Doubts carry into Iran nuke talks

As Iran and six world powers begin working on a final nuclear deal Tuesday, Ayatollah Ali Khamenei, Iran's supreme leader, urged Iranian envoys on Monday to do their best but said the negotiations "will lead nowhere."

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## N. Korea. UN panel warns Kim Jong-un could face international prosecution

A UN panel warned North Korean leader Kim Jong-un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a yearlong investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by

### Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

forces under the commander's effective command and control," Kirby wrote.

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court.

"Too many times in this building there are reports and no action," Kirby said of the UN. "Well, now is a time for action. We can't say we didn't know."

THE ASSOCIATED PRESS

# Rainbow-clad LGBTQ activist detained in Sochi



Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia, on Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

## Olympics. Prominent transgender rights crusader removed from hockey game

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both Eng-

lish and Russian.

Luxuria earlier said she was detained on Sunday evening by Russian police who told her she should not wear clothes with slogans supporting gay rights. Police denied detaining her.

On Monday, the Italian activist walked around the Olympic Park with a group of journalists, attracting onlookers.

Luxuria arrived at a ticket inspection barrier at the hockey arena just before an evening game was due to begin. She passed through the barrier and was being given directions to her seat when four men who were not wearing any identification surrounded her and started shouting "take her away." They then led her out of the venue and to the parking lot.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained.

THE ASSOCIATED PRESS



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Canada Revenue Agency

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Canada

## Perking up business. Tim Hortons to rrrroll up profits, plan for future

A refreshed vision for Tim Hortons begins to take shape this week as the company releases details on its financial results, and how it plans to remain innovative in the highly competitive Canadian coffee market.

The quick-service chain will reveal the strategy in two stages, starting on Thursday with its year-end financial results.

Then, next week, recently appointed chief executive officer Marc Caira will take the stage at the company's investor day to outline the next steps for Tim Hortons.

The Oakville, Ont.,-based company faces an onslaught of challengers in the coffee industry, a corner of the Canadian market it once seemed to effortlessly dominate.

While promotions like



Tim Hortons, marking 50 years, faces stiff competition. TORSTAR NEWS SERVICE

its annual Roll Up the Rim contest still generate plenty of attention, the number of people buying food and beverages at its restaurants has been slowly declining over several years.

THE CANADIAN PRESS

## Harper. More air-travel links between Canada, Mexico to be unveiled

Prime Minister Stephen Harper landed in Mexico City Monday with a plan that could pave the way for getting rid of his host's biggest complaint about Canada — the onerous visa on Mexican travellers.

Trade Minister Ed Fast, who is also in Mexico with the prime minister, has been authorized by the federal cabinet to sign an expanded airline access agreement with Mexico, The Canadian Press has learned.

That agreement would allow Mexican airlines greater access to more cities, and Canadians more direct flights to Mexico.

The expanded air access

### Feather in his cap

Stephen Harper is "going to get to brag about the Mexicans thanking him for lifting the visa" before the week is out.

Carlo Dade, director of the Centre for Trade and Investment Policy at the Canada West Foundation

would likely be a precursor to the Conservative government eventually lifting the controversial visa it slapped on Mexican travellers in 2009 to combat an increase of bogus asylum seekers.

THE CANADIAN PRESS

### Eastern Africa

## Giant \$23.7M solar field being built in Rwanda

A Dutch company said Monday it has begun construction of a solar field in Rwanda in what it said would be the first such large-scale project in eastern Africa. Gigawatt Global Cooperatief said it had closed the \$23.7 million US financing for the project and that construction began last week. THE ASSOCIATED PRESS

### Public hearings

## All aboard for high-speed trains in New York state?

New York transportation officials are setting up public hearings to discuss options for an idea that has been kicked around for years but has yet to leave the station: high-speed passenger rail service. Boosting the speeds of trains travelling between New York City and Niagara Falls has been a goal for two decades. THE ASSOCIATED PRESS



## Rail industry on track to study risk of carrying oil

A BNSF Railway train hauls crude oil near Wolf Point, Mont. At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. The derailments released almost three million gallons of oil, nearly twice as much as the largest pipeline spill in the U.S. since at least 1986. And the deadliest wreck killed 47 people in the town of Lac-Mégantic, Que. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at the risks posed by trains that now carry hazardous liquids through every region of the U.S. MATTHEW BROW/THE ASSOCIATED PRESS FILE

# All work, no play? Not at this office

No dull boys and girls here. Video game company gets happiness co-ordinator in bid to lure and keep top talent



Be happy: it's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games in downtown London, Ont., are encouraged to be happy.

They get free meals, activities, special coffees and general fun and, now, there's even someone in charge of it: a happiness coordinator.

Last week, with help from the City of London's Hire One campaign the video games company's office in southwestern Ontario added Jacqueline Malison to its staff. It's her job to make everyone happy and,



Smile! Jacqueline Malison, the new happiness co-ordinator at Big Viking Games in London, Ont. CONTRIBUTED

with 50 staff to smile for, it's a big task.

"One of our primary values here at Big Viking is to create fun at work and have happy employees," said company co-founder Greg Thomson.

"We recognize that, in order to attract people to London and have talented employees, we need a work environment

that's fun."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings. The fridge is stacked with pop and the laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness coordinator is there to, well, co-ordinate all that happiness. She organizes events and comes up with ideas.

The Big Viking mission statement includes the phrase "create fans," said Thomson.

"That means two things to us," he explained. "We do want fans of the games but we really want people to be fans of the company."

Over at the London Economic Development Corporation, interim general manager Kapil

### Conquering biz world

Based at the corner of Wellington and King streets in downtown London, Ont., Big Viking Games was founded in 2011, when it had four people.

- It now has about 50 staff in London and Toronto, developing free-to-play social and mobile games that are online, on Facebook and on mobile devices. They include Tiny Kingdoms, Dark Heroes and Fish World.

Lakhotia is glad to see companies like Big Viking growing.

"Big Viking Games is a valuable addition to our growing cluster of digital interactive game development companies in London," said Lakhotia.

So he's happy, too. Let's give the credit to the happiness co-ordinator.



# ESTHETICS OVER ATHLETICS

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of



**SHE SAYS**

**Jessica Napier**  
metronews.ca

factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the IN-BF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on

that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it is.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead or lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

## ZOOM

### Hey kids, dying for your country is fun!



ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

#### German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.

GETTY IMAGES

#### Budding Bundeswehr recruits?

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.



The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

#### Clickbait



**IRENE KUAN**  
Metro Online

Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free. This is where Massive Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.



**Coursera:** Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

**EdX:** EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-

level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

**Udacity:** Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011, but has since expanded to eight full courses and 25 free coursewares.

#### Comments

**RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014**

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can

relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.

**Stuart Rudolph, posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)



## DVD review



## On the Job

Director. Erik Matti

Stars. Piolo Pascual, Gerald Anderson, Joel Torre

• • • • •

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of *A Prophet* or *Donnie Brasco* or any number of similar genre films. “No one’s clean in this line of work,” a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in *The French Connection*. Extras include deleted scenes and a making-of featurette. **PETER HOWELL**

# Amazing Alice: Not just another Holocaust story

## The Lady in Number 6: Music Saved My Life.

Oldest living pianist and Holocaust survivor is star of Malcolm Clarke’s documentary

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary *The Lady in Number 6: Music Saved My Life*. “I try not to think about it,” he says cheerfully in an interview, although he stresses he’s honoured by the nod.

But does he have any superstitions or rituals he’s following in advance of the March 2 ceremony in Los Angeles? He says no, he’s not superstitious. Except .... “Someone said to me yesterday, ‘Have you written your speech?’ The last thing I would do is write a speech. I think it would jinx it.”

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for *You Don’t Have to Die*, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The *Lady in Number 6* tells the story of 110-year-old Alice Herz-Sommer, described as the world’s oldest living pianist and the oldest



Alice Herz-Sommer, a Holocaust survivor who’s the subject of the Oscar-nominated documentary *The Lady in Number 6: Music Saved My Life*, which was made by a Canadian crew. KIERAN CRILLY / THE CANADIAN PRESS

survivor of the Holocaust. It’s impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

“Music saved my life and music saves me still,” she says in the film. It’s a philosophy that was crystal clear during the two weeks

## Quoted

“She (Alice Herz-Sommer) says in the film there’s beauty even in the bad things in life, you just have to know where to look for it.”

Frederic Bohbot, Executive producer of *The Lady in Number 6: Music Saved My Life*

the film crew spent talking to Herz-Sommer in her tiny apartment.

“She says in the film there’s beauty even in the bad things in life, you just have to know where to look for it,” said executive producer Frederic Bohbot, founder of Montreal’s Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he’d already made a film on the Holocaust.

“I had had enough of dealing with Holocaust material,” said the director. “When you sit with that material for any length of time, it can get to you. It wears on you psychologically.” Clarke was nominated for an Oscar in 2003 for *Prisoner of Paradise*, which chronicled Kurt Gerron, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what

is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp, changed his mind.

“I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that . . . we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. “I don’t think of this film as a Holocaust film at all. It’s certainly important in Alice’s life. It forged who she became afterwards (but) it’s a film about much more than that.”

At the risk of being “highfalutin,” he says *The Lady in Number 6* is about the indomitability of the human spirit.

THE CANADIAN PRESS





# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### One song wasn't enough to cover Taylor's too-Swift fall for Gyllenhaal

The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song *The Moment I Knew* chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly

a no-show. "Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night," the source says. "Her breakup with Jake inspired every word of (the album) *Red*." So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been "saving herself for marriage" but decided to scuttle that plan after three months of dating Gyllenhaal.

"She thought she was going to marry Jake, that's how in love she was with him."

### Perez writes that Lopez has been a diva from day one



Jennifer Lopez

Rosie Perez reveals in her new memoir, *Handbook for an Unpredictable Life*, that she and Jennifer Lopez aren't on the best of terms — and it's been that way for a long, long time. Perez first encountered Lopez when the Jenny from the Block singer auditioned to be a Fly Girl dancer on *In Living Color*, where Perez was the choreographer. Perez says she fought to get Lopez on the squad — despite show boss Keenan Ivory Wayans complaining that she was "chubby and corny" — only to regret it when Lopez displayed early signs of diva-dom. "All of the girls were coming into my office complaining how she was manipulating wardrobe, makeup and me, all to her advantage," Perez writes, adding that when confronted, Lopez went off on her like "some ghetto biatch, screaming and pounding her chest."

### A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today," the former *Office* star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.



### New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The *Silkworm* sees the

return of detective Cormoran Strike, the ex-soldier hero introduced in *The Cuckoo's Calling*. In the new book, Strike investigates the disappearance of a novelist who has written a book that features scathing descriptions of real people.

The *Cuckoo's Calling* initially attracted little no-

tice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The *Silkworm* will be published June 19 in Britain and June 24 in the U.S.

THE ASSOCIATED PRESS

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# Want to be happier? Invert, breathe, repeat



Paying attention to how you breathe will help to shift your mood. ISTOCK

**Mood changers.** Here are three simple ways to turn that frown upside down and take control of how you feel

**GABBY BERNSTEIN**

Metro World News in New York City

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is driving

you nuts. Whatever the case, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

**Don't try to change the world around you, just change the way you see it.** All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the

ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.

**Turn your mood upside down.** One of the best ways to get your happy on is with a

simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing

## For your phone

**Jabra Sport Wireless+**  
(iPhone/Android)  
4 Stars/ \$99.95



**MIND THE APP**

Kris Abel  
@RealKrisAbel  
life@metronews.ca

Adjust the shape of these wireless earbuds and you can comfortably lock them to your ears for tangle-free exercising.

They include an FM radio, can answer phone calls, and although not fitness trackers themselves, can connect to apps that are.



## Half-Off

Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit [metronews.ca/voices/half-off](http://metronews.ca/voices/half-off) to find out.



your hormones. This will make you happier!

**Change your breath pattern.** The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.



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# You don't spend it all in one place, so just where does your money go?

**Go figure.** Knowing what you're paying out each month will put you in control



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)
- Entertainment (movies, books, magazines, hobbies, gym, club, sports)



The average Canadian spends \$650 a month on food. iSTOCK

- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about \$1,611 a month to keep a roof over your head, \$650 on food, \$280 a month on clothes, \$936 on transportation (jeez, really?), and \$309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your

money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

As our disposable income comes under fire from constantly rising costs and our

wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since 1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO [MYMONEYMYCHOICES.COM](http://MYMONEYMYCHOICES.COM) AND FOLLOW THE ROADMAP TO SUCCESS.**



This recipe serves six. COURTESY THERESA ALBERT

## Cheater Chana

**THERESA ALBERT**  
[myfriendinfood.com](http://myfriendinfood.com)

### FLASH FOOD

From your fridge to your table in 30 minutes or less

There is no way I would disgrace the ancient art of Indian cooking and call this a true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty as heck and a crowd-pleaser. A simple side of sautéed spinach and an extra bottle of beer is all you need to make this week-night meal a true treat.

1. Warm a large skillet or wok over medium high heat and add butter.

2. Slice onion and add, allow to brown.

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and

stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10 minutes.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS FOUND DAILY AT [MYFRIENDINFOOD.COM](http://MYFRIENDINFOOD.COM)**

### Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes

METRO CUSTOM PUBLISHING

## Tax Talk



### Need Advice?

**Caroline Battista**  
Tax Analyst at H&R Block

**H&R BLOCK**

## Can't Wait To File?

**Q**

When can I file my return?

**A**

I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to

file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

**Q**

I haven't filed a tax return in five years. What is the best way to catch up?

**A**

My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail

is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

Visit [hrblock.ca](http://hrblock.ca) for a location near you

# A NATURAL WAY TO RINSE AWAY A COLD

Every year millions of Canadians fall prey to the common cold, suffering through stuffy noses, sinus congestion and sore throats. Children are especially susceptible — they catch twice as many colds as adults, and often develop complications like ear infections. There are few options to help relieve their symptoms — over-the-counter cough and cold medications cannot be used in children younger than the age of six.

But there is an effective natural-source alternative to vanquish nasal congestion — nasal rinses, like hydraSense, are gaining popularity as modern science has proven that it is a safe (when used as indicated), effective and side-effect-free way to relieve congestion in adults, children and even babies. Studies have even shown that daily use even helps prevent colds.

“The common cold is, unfortunately, an unpleasant staple of Canadians winters,” says Dr. Yvonne Chan, assistant professor in the department of otolaryngology — head and neck surgery at University of

Toronto, and otolaryngologist at Trillium Health Centre and Mount Sinai Hospital in Toronto.

“There is no cure and Canadians are increasingly seeking natural ways to relieve their symptoms. Nasal rinses are a great way to help prevent the common cold and relieve congestion for the whole family.”

Not only do nasal rinses offer relief from nasal and sinus symptoms, it also helps prevent illness — studies have shown that children on daily preventive nasal irrigation have fewer coughs, sore throats and congestion and get sick half as often as children not using the rinses. They also miss half as many school days and have three times less illness-related complications.

“Canadians are constantly exposed to nasty viruses in the cold season,” Chan says.

“But if you use a nasal rinse like hydraSense regularly, it can actually help prevent colds from taking hold in the first place.”

— *News Canada*



ANNEMS/SHUTTERSTOCK



Felly Grieve

CONTRIBUTED

## LET A-1 NUTRITION MEET YOUR NEEDS

Felly Grieve, co-owner of A-1 Nutrition in Grant Park Shopping Centre, is the epitome of customer service.

A-1 is an award-winning business with five consumer's choice awards from 2009-13. Grieve is a nominee for the 2014 Manitoba woman entrepreneur of the year award. She has earned the reputation of customer excellence by caring and listening to each customer.

Grieve wants to help each and every person who walks through the store's

doors. She will offer you books to read and a sample to try. If she doesn't have the product she will research its quality and make sure she brings it in.

Having once dreamed of being a doctor, Grieve is a practitioner of positive thinking and healthy lifestyles, delivering quality products that will meet her customer's needs.

Customers come from across the city, primarily because of referrals from those who have visited her store.

Grieve's work ethic is inspiring — she is a mother, a wife, a manager, the co-owner of A-1 Nutrition, a practising nurse, as well as the co-owner of a group home servicing the needs of those with schizophrenia.

Grieve is a positive force with a giving and empathetic heart.

Take a few moments to visit A-1 Nutrition in the Grant Park Shopping Centre, across the hall from McNally and Robinson. Seeing is believing.



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# PHARMACISTS EXPANDING THEIR ROLES

Manitobans will now experience significant changes to services provided by their pharmacist.

Pharmacists who undergo additional training requirements are now able to deliver more accessible health services, including administering vaccines, ordering laboratory tests and issuing prescriptions for minor ailments such as acne, athlete's foot and smoking cessation. These additional roles complement current professional services, which include

issuing short-term refill prescriptions for patients with chronic conditions, as well as medication reviews and smoking cessation counselling.

These newly-expanded services are expected to prevent unnecessary wait times at walk-in clinics and emergency rooms.

"Pharmacists are the most accessible, front-line health-care providers and we are excited to expand our role," says Scott McFeetors, president of the Manitoba Society of Pharmacists. "Patients will now

have better access to the health-care system through their local pharmacist. Pharmacists are the medication experts and are ready to make the most of that expertise."

The Manitoba Society of Pharmacists has been working in partnership with Manitoba Health to advocate for and source funding for the services provided within the Pharmaceutical Act.

Talk to your local pharmacist about these and the many other services they can provide. Your health. Your pharmacist.



CONTRIBUTED

HEALTH CARE

METRO CUSTOM PUBLISHING



KURHAN/SHUTTERSTOCK

## EARN VITAL EXPERIENCE WITH ROBERTSON

The Robertson College health-care aide (HCA) challenge program is designed to give foreign-trained nurses and uncertified HCA's the skills and experience needed in the Canadian health-care system, while having all the benefits of the full-time HCA program in a shorter time frame.

The HCA challenge program allows individuals to maintain full-time employment and receive their certification by offering the program one evening per week.

"We ensure that our students are

well-educated and trained on the duties and responsibilities of a HCA, including hands-on practical experience in a fully equipped HCA lab prior to facility based practicum experience," says Amanda Young, faculty head of health.

Classes are led by health-care professionals and Robertson offers and arranges industry practicums, giving students hands-on practical experience.

A 2013 Robertson College career services department reported that 80 to 90 per

cent of the HCA challenge students were successful in securing employment within their field of study.

"The career services department is committed to assisting all of our graduates with the services needed to obtain successful employment," Young says. "Once an alumni, always an alumni is our philosophy, which means even 10 years down the line you want to change employment locations we are here to help."

For more, visit [robertsoncollege.com](http://robertsoncollege.com).

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CONTRIBUTED

## HERZING PREPARES YOU FOR A CAREER

For more than 40 years, Herzing College in Winnipeg has been recognized as a leader in high-quality education and hands-on training. Its graduates' positive experiences, testimonials and its high employment success rates have been instrumental in maintaining Herzing College's fine reputation within industry and future students.

Graduates of the health-care aide program experience extensive instruction in anatomy, physiology, human development, social and cultural issues, communication skills, and the essential health-care skills required of a health-care professional working as a health-care aide.

Health-care aides provide critical services to patients in hospitals, private clients, nursing homes and additional health-care facilities. Aides also assist nurses, hospital staff, and physicians in the basic care of patients and include a range of essential duties covering everything from making beds and maintaining patients' rooms to operating health-care equipment.

In 2013, 93 per cent of Herzing College's health-care aide program graduates found employment in a related field.

Additionally, Herzing also offers the pharmacy technician program. Pharmacy technicians play an integral role in ordering and receiving medications, pharmaceutical supplies and maintain patient profiles.

They assist pharmacists by ordering, packaging and labelling pharmaceutical products, and by maintaining prescription records and inventories of medication and pharmaceutical products. Working with the registered pharmacist, pharmacy technicians demonstrate tact and excellent judgment to ensure confidentiality of sensitive information. Herzing College is fully equipped with a pharmacy lab that provides students experience with dispensing and compounding pharmaceuticals, as well as learning aseptic techniques.

Upon graduation, pharmacy technicians often find work within a community, clinic or hospital pharmacy. Job opportunities also exist in government health departments, insurance and pharmaceutical companies. Some common job titles include pharmacy technician, pharmacy technical assistant, and pharmacy aide.

The purpose of the program is to prepare students with the necessary skills and academic knowledge for entry-level positions in community and institutional pharmacies, as well as pharmaceutical companies. Graduates will be prepared to work under the supervision of a registered pharmacist as members of an interdependent health-care team.

Requirements for the pharmacy technician program have recently changed. For more information, please visit [herzing.ca/Winnipeg](http://herzing.ca/Winnipeg).





Jennifer Jones reacts during women's round-robin curling action against the United States on Sunday in Sochi, Russia. Canada added to their perfect record with a 7-6 win. LARS BARON/GETTY IMAGES

# Jones keeps rocks rollin'

**Curling.** Winnipeg skip eyes Olympic gold after record-setting start

Jennifer Jones' Olympic experience has been, well, perfect.

"It's been everything we expected and then some," the Winnipeg skip said. "It's blown my dreams out of the water.

"We've gone to events, we've had fun, we've soaked up the experience, we've met the other athletes, we've cheered on our other teammates. We've laughed, we've

loved everything absolutely possible, done everything with the Olympics. I don't want it to end, we don't want it to end."

Jones, lead Dawn McEwen, second Jill Officer and third Kaitlyn Lawes have also won nine games in a row, making history in the process.

They dispatched South Korea 9-4 Monday to become the first women's team to go through an Olympic round-robin campaign undefeated.

Canada's Kevin Martin, who did it four years ago in Vancouver, is the only other curler to go through the preliminary round undefeated.

"The job is certainly not

done yet but I'm super proud of our team for being able to do that, in a field that we thought coming in was one of the toughest fields," said Officer.

Canada will face Britain (5-4) while Sweden (7-2) takes on Switzerland (5-4) in Wednesday's semifinals.

"Now you start fresh," said Jones. "And everyone's on an even record."

Canada beat the Brits 9-6 during the round-robin.

While Jones' curling trophy case is brimming with trophies, she has had to wait a long time to experience the Olympics.

She failed to secure an

Olympic berth in both 2006 and 2010. Shannon Kleibrink won bronze in 2006 in Turin while Cheryl Bernard earned silver four years ago in Vancouver.

Canada has not won a women's curling gold at the Games since the late Sandra Schmirler did it in 1998 in Nagano.

Jones turned the screws on their opponents from

South Korea in the eighth. With Canada having shot rock, Jones drew to the button — with a Korean rock just behind — with her last throw to lie two. Gim failed to dislodge the rocks, allowing Canada to steal two and lead 7-4.

Jones added two more in the ninth, prompting the Koreans to shake hands.

THE CANADIAN PRESS

## Dream weaver

"Just to be in the Olympics is amazing and to go into the record books is pretty awesome."

Canadian curler Jennifer Jones reacts to her team's undefeated campaign in Sochi

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# Virtue, Moir take silver in curtain call

**Ice dance.** Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well."

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first American

## Quoted

"That program was our baby and it's special for us to perform it for the last time." Scott Moir



Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont., trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That program

was our baby and it's special for us to perform it for the last time."

"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70. **THE CANADIAN PRESS**

## Dominating the field

### Two-pair competition

Virtue and Moir — two-time world champions — train with Davis and White in Canton, Mich., and share a coach in Russian Marina Zoueva.

Between them, the two North American teams have

captured every international ice dance title since Virtue and Moir won Olympic gold four years ago in Vancouver.

The results have swung in the Americans' favour over the last year, however, with Davis and White winning the 2013 world title and the Grand Prix Final in December.

## Men's hockey

### Russians protest disallowed goal

After a heated U.S.-Russia hockey match at the Sochi Olympics on Saturday, many Russian spectators have decided the cold war is back — and not just on the ice.

Demonstrators gathered in Moscow on Monday to protest a referee's call disallowing a Russian goal in the match that Russia ultimately lost in a penalty shootout.

The protesters, organized by the Kremlin party's youth group, donned Russian hockey jerseys and shouted, "Make soap out of the ref!" — a common expression among Russian soccer fans.

**THE ASSOCIATED PRESS**

## Biathlon, snowboarding

### Thick mountain fog delays events

Thick fog lingering over the mountains Monday caused the biggest weather disruptions of the Sochi Olympics so far, with a biathlon race and a snowboard event both postponed until Tuesday.

The fog rolled in over the mountains in Krasnaya Polyana on Sunday night and was still shrouding some of the Olympic skiing venues in a cloud-like mist by late Monday afternoon. That prompted organizers to call off the men's biathlon mass-start race and men's snowboardcross almost simultaneously.

**THE ASSOCIATED PRESS**

## Ski jump

### Austria's gold streak stopped cold by Germany

Germany took the lead with one group to go and edged Austria to win the Olympic ski jumping team gold medal on the large hill Monday at the Sochi Games.

The victory ended Austria's lengthy winning streak in the event. It had won gold in the last two Olympics and hadn't lost a team large hill competition since the 2005 world championships.

Canada finished last in the event. **THE ASSOCIATED PRESS/THE CANADIAN PRESS**

## 2-man bobsled. Canadians slide short of podium

Canada finished out of the medals in the two-man bobsled at the Sochi Olympics.

Justin Kripps of Summerland, B.C., and Bryan Barnett of Edmonton started the day in fourth place, but their Canada 3 sled fell to sixth after a flawed final run.

Chris Spring of Calgary and Jesse Lumsden of Burlington, Ont., in the Canada 2 sled finished seventh.

Lyndon Rush of Humboldt, Sask., and Lascelles Brown of Calgary in Canada 1 were ninth.

## Quoted

"I hope that I can have more moments like this. Maybe next time I'll be on the podium."

Chris Spring was emotional at the conclusion of the two-man bobsled. Spring was in a serious crash two years ago that nearly ended his bobsledding career.

Alexander Zubkov and Alexey Voevoda of Russia won gold. **THE CANADIAN PRESS**

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# Canada to battle U.S. for the gold

**Hockey.** Women's super powers set to collide in Sochi final

Canada will play for Olympic women's hockey gold again although their road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and their indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women have won the last three gold medals after falling to the United States in the first Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wick-enheiser said. "We have a lot of players who have been through this before and know exactly what has to be done."

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

THE CANADIAN PRESS



Canada's Natalie Spooner celebrates a goal against Switzerland during Monday's 3-1 victory. PETR DAVID JOSEK/THE ASSOCIATED PRESS

## Hockey

### USA Hockey tweets early bird anthem

The U.S. women's hockey team has come up with a

clever way to attract fans back home to watch its games live — hashtagging the second line of the American national anthem.

The #DawnsEarlyLight hashtag is reminding fans

in the United States to wake up early to watch their team. A USA Hockey staffer came up with the idea, playing off the lyrics: "By the dawn's early light."

THE ASSOCIATED PRESS

## MEDALS

### Through Monday's Events

(60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	4	7	4	15
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

## WHAT CANADA DID

### MONDAY

#### BIATHLON

**Women's 12.5-kilometre mass start** — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

#### BOBSLEIGH

**Men's doubles** — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton), sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont., seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary), ninth (3:46.88).

#### CURLING

**Women** — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

#### FIGURE SKATING

**Ice dance** — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the silver medal with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont.,

fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

#### FREESTYLE SKIING

**Men's aerials** — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

#### HOCKEY

**Women** — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

#### SKI JUMPING

**Men's Team (large hill)** — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

#### CURLING

##### All Times Eastern

##### MEN

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	7	2
x-China (Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdo)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth

t — advance to tiebreaker

##### Monday's results

China 6 Britain 5  
Denmark 5 Norway 3  
Russia 8 Germany 7  
Switzerland 6 United States 3

##### End of Round Robin

**Tuesday's game — Tiebreaker**

Norway vs. Britain, 12 a.m.

##### Wednesday's games — Semifinals

Sweden vs. Norway-Britain winner, 10 a.m.

Canada vs. China, 10 a.m.

##### WOMEN

Country	W	L
x-Canada (J.Jones)	9	0
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5

South Korea (Kim) 3 6  
Russia (Sidorova) 3 6  
United States (Brown) 1 8

x — clinched semifinal berth

##### Monday's results

Britain 9 Russia 6  
Japan 8 China 5  
South Korea 11 United States 2

Switzerland 10 China 6

Canada 9 South Korea 4

Denmark 8 Britain 7

Sweden 8 Japan 4

##### End of Round Robin

**Tuesday's games — No Games Scheduled.**

##### Wednesday's games — Semifinals

Canada vs. Britain, 5 a.m.

Sweden vs. Switzerland, 5 a.m.

## HOCKEY

### All Times Eastern

### MEN'S PLAYOFFS

#### Tuesday's games

##### Qualification Round

Slovenia vs. Austria, 3 a.m.

Russia vs. Norway, 7:30 a.m.

Czech Republic vs. Slovakia, Noon

Switzerland vs. Latvia, Noon

#### Wednesday's games

##### Quarter-finals

Sweden vs. Slovenia-Austria winner, 3 a.m.

Finland vs. Russia-Norway winner, 7:30 a.m.

Canada vs. Switzerland-Latvia winner, 12 p.m.

U.S. vs. Czech Republic-Slovakia winner, 12 p.m.

### WOMEN'S PLAYOFFS

#### Monday's results

##### Semifinals

Canada 3 Switzerland 1

U.S. 6 Sweden 1

##### Sunday's results

##### Qualifications

(Fifth-Eighth places)

Finland 2 Germany 1

Russia 6 Japan 3

##### Tuesday's games

##### Seventh Place

Germany vs. Japan, 3 a.m.

##### Fifth Place

Finland vs. Russia, 7:30 a.m.

##### Thursday's games

##### Bronze Medal

Sweden vs. Switzerland, 7 a.m.

##### Gold Medal

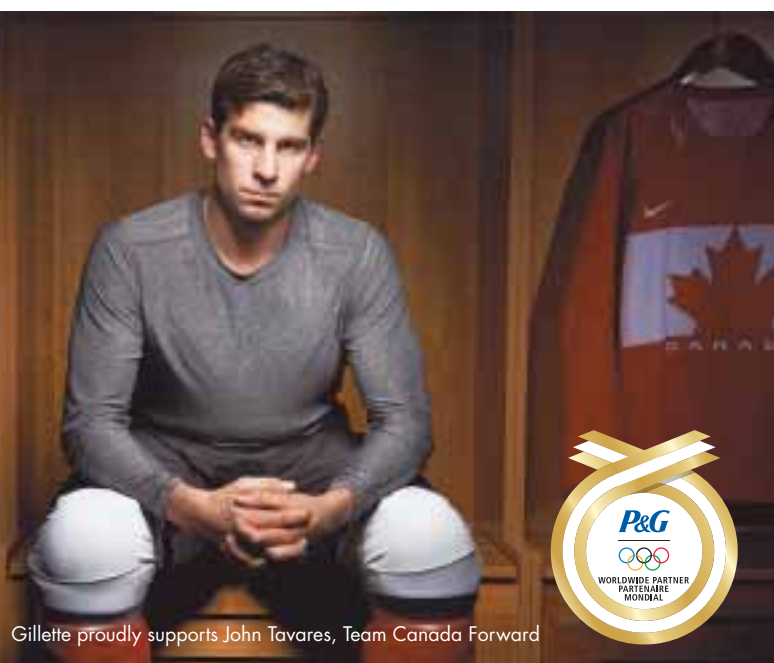
Canada vs. U.S., 12 p.m.

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# Does Crosby have to do more heavy lifting?

**Nah.** Captain's Sochi contribution goes beyond the scoresheet, says Toews, Babcock

Ziga Jeglic and Janis Sprukts aren't Sidney Crosby, yet they're both outscoring the Team Canada captain in the Olympic hockey tournament.

Through three games, Crosby has no goals and two assists, a level of production that could be cause for concern. But that's only the case if Crosby's other contributions on the ice are ignored.

"He's playing against the best D-pairing and they're going all out trying to check him," centre Jonathan Toews said Monday. "Whether he's scoring every game or not, he's deflecting a lot of that attention, a lot of that pressure towards himself, and it creates a lot of room and a lot of breathing room and space for other guys to go out and



With opponents' best defenders focusing in on Sidney Crosby, Team Canada's captain has two assists in three games in Sochi.

THE ASSOCIATED PRESS

create offence."

In other words, Canada shouldn't panic about Crosby.

Coach Mike Babcock, who said in August it was important to get Crosby going but that "he's just part of the team, too," understands the star centre's role on this team goes beyond just filling up the score sheet.

"Everyone evaluates Sid on scoring, and I evaluate Sid on

winning," Babcock said Sunday night after beating Finland 2-1 in overtime. "That's what we came here for."

Through three games his team is undefeated going into Wednesday's quarter-final against Switzerland or Latvia, and Crosby has offered a balanced assessment of his performance.

He and his bevy of linemates had more chances against Norway and Austria than against the more-talented Finns, but that was expected as the talent level increased.

"I think you always want more," Crosby said. "If you asked me that question a month ago, I'd have said, 'I'd like to create more.' It's the same way now. You always want to generate offence, create chances, and obviously put the puck in the net."

The last time Crosby put the puck in the net at the Olympics, he won Canada the gold medal.

THE CANADIAN PRESS

### Dream accomplished

## Aussie sledders keep heads high

Australian bobsledders Heath Spence and Duncan Harvey knew they had no medal chance in the two-man competition in Sochi.

That didn't stop them from getting a message out to the world.

After finishing their third run of the competition on Monday night, Spence and Harvey emerged from their sled with a small cardboard sign bearing some simple yet powerful messages.

"Live your dream," read one side of the sign.

"Thank you," was on the other, in several languages, including Russian. The Australians held it up for cameras in the finish area to see once they finished their run in 26th place, nearly five seconds behind Russian winner Alexander Zubkov. **THE ASSOCIATED PRESS**



Australia's Heath Spence and Duncan Harvey

THE ASSOCIATED PRESS



## Ontario's Gerrits left hanging

Canada's Travis Gerrits jumps during men's freestyle skiing aerials at Rosa Khutor Extreme Park on Monday in Sochi. The Milton, Ont., native failed to make the final and settled for a seventh-place finish after scoring 111.95. Anton Kushnir, of Belarus, stuck a near-perfect landing on his five-twisting jump in the finals Monday to make it 2-for-2 at the Sochi Games for his country, winning the gold medal three nights after Alla Tsiper took gold for Belarus in the women's contest. **SERGEI GRITS/THE ASSOCIATED PRESS**



## Horoscopes

### Aries

March 21 - April 20

Don't agree to something just because you cannot be bothered to argue. If you take the easy way out now you will have major problems later on when loved ones and work colleagues hold you to your promises.

### Taurus

April 21 - May 21

As the Sun moves into in the area of your chart that governs your hopes and wishes, your dreams and aspirations, you cannot help but raise your sights and aim for something better in life.

### Gemini

May 22 - June 21

Carry a notepad with you at all times and be ready to write down any ideas that come into your mind. Your brain is always on the go but soon you will be inspired where career insights are concerned.

### Cancer

June 22 - July 23

Don't waste time telling the world what you are going to do — just get on and do it and show you can walk the walk as well as talk the talk.

### Leo

July 24 - Aug. 23

You cannot afford to back down today. The planets warn if you give ground once you will be expected to give ground again and soon you will be in full retreat. Leos are stubborn, so dig in your heels.

### Virgo

Aug. 24 - Sept. 23

You will feel an attraction for someone who is as different to you as chalk is to cheese and it could be the start of a beautiful friendship — or more. Opposites often match.

### Libra

Sept. 24 - Oct. 23

If you find that you are lacking in energy today resist the urge to push yourself even harder. Now that the Sun is moving through the wellbeing area of your chart you must pace yourself sensibly.

### Scorpio

Oct. 24 - Nov. 22

The Sun spends the next few weeks transiting the most dynamic and creative area of your chart, so set your sights high and don't think for a moment that you can't reach the top.

### Sagittarius

Nov. 23 - Dec. 21

Someone will surprise you today with what amounts to an outrageous ultimatum. Surprise them back by telling them in no uncertain language what they can do with their demands.

### Capricorn

Dec. 22 - Jan. 20

Visit places that excite you and visit people who inspire you. Social activities of all kinds are under excellent stars, as is travel, so hit the road and don't look back.

### Aquarius

Jan. 21 - Feb. 19

People you trust will be happy to help you out with advice today and you will probably need it where money matters are concerned.

### Pisces

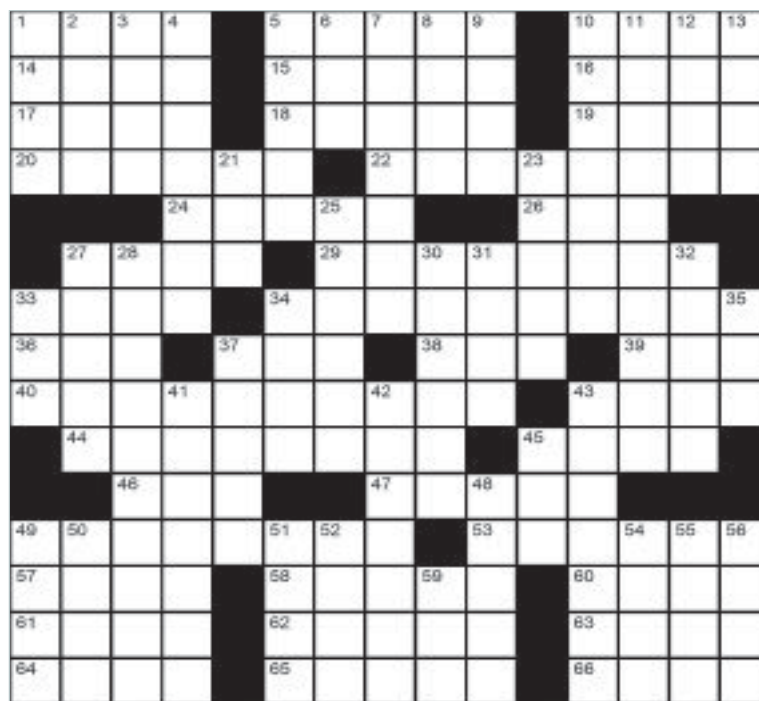
Feb. 20 - March 20

The Sun moves into your sign today and even if your birthday you should go out and celebrate. The next few weeks will be extra special, so start making plans and believe, that your dreams will come true. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Half, in Hull
- Chocolate substitute
- Terrestrial stage newts
- With, in Montreal
- Plant source of tequila
- "There ought to be \_\_\_ against that!"
- Give out
- Resin in varnish
- Chinook salmon
- "Survivor" host Jeff
- Can be united, as opposed to being a foe
- Mineral water brand
- Farm enclosure
- Nylons shade
- Shirtsleeve jewelry
- Unforeseen complication
- Matters of more importance
- \_\_\_ and yang
- SOCHI 2014 - Abbr. for Zagreb's land
- Sass
- Miracle-\_\_\_ (Plant food brand)
- Russian souvenir, \_\_\_ doll (Nesting doll)
- Leg part
- SOCHI 2014 - Western \_\_\_ Mountains
- Objections



- Puny, puny-ly
- Vacuum cleaners brand
- Missed calls 'game': 2 wds.
- \_\_\_ Valley, in western Newfoundland
- "I never promised \_\_\_."
- SOCHI 2014 - 'Of-

- cial Timekeeper' of the Olympics
- Cincinnati's home
- Bewitched
- Ursa \_\_\_ (Constellation)
- Do some garden work
- Moulding style
- English class as-

- signment
- Space letters

### Down

- A bit wet
- By any chance
- "From \_\_\_ You" by The Beatles
- SOCHI 2014 - \_\_\_ Skating Palace

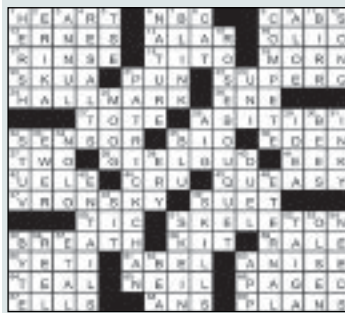
- Desert dwellers
- In the past
- Easter Island: 2 wds.
- Long circle
- Canadian telecom company
- What to do in the kitchen's table: 3 wds.

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- 1975 Rush album: 3 wds.
- Unit of weight in China
- Popeye comics kid, \_\_\_'Pea
- "Law & Order: \_\_\_"
- Long Island resort town
- Over
- Very early computer
- Type of melon
- Like Arlo Guthrie's music
- Cold, as water in Spain
- Ms. Russell, and namesakes
- Type of orchestra, for short
- Malayan sailing boat
- Jr. family member
- Recurring process
- Destroy
- Actress Vanessa
- Gordon Lightfoot song
- Ghost's shout!
- Chilling
- Prefix meaning 'Fire'
- Author, Tami \_\_\_
- Voluminous book
- Quebec friends
- Canadian comedian Caroline
- Geese: French
- Sci-Fi character
- Last, \_\_\_ long way

## Friday's Crossword

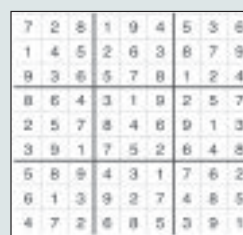


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -2°  
MIN: -10°



MAX: -4°  
MIN: -11°



MAX: -9°  
MIN: -19°



JENNA KHAN  
WEATHER SPECIALIST

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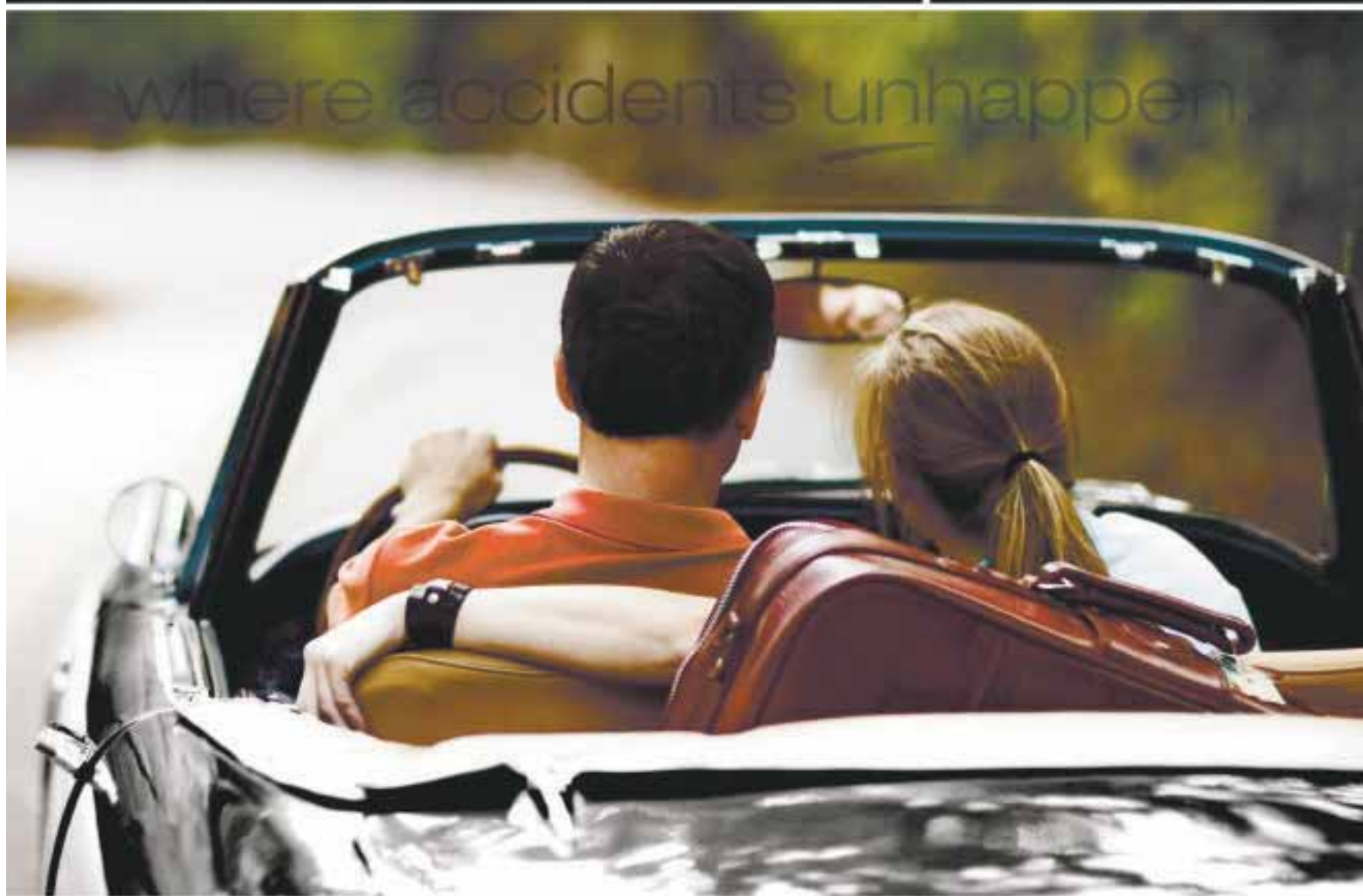
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